Stenosis Bootcamp

Created by Jennifer Garven Apr 19th, 2018

View at "exercise-code.hep2go.com" using code: 5FR6NAN

Total 12

SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, hold your knee and gently pull it up towards your chest.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

PIRIFORMIS STRETCH - MODIFIED

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

LOWER TRUNK ROTATIONS - LTR

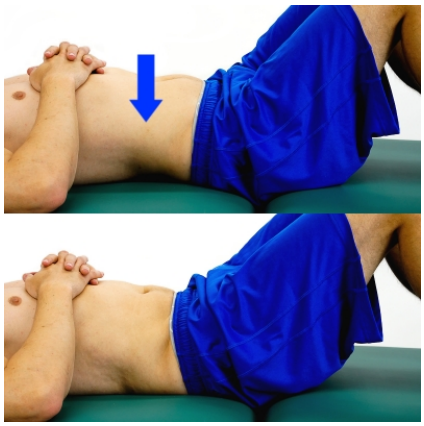
Lying on your back with your knees bent, gently move your knees side-to-side.

Repeat	10 Times
Hold	5 Seconds
Complete	2 Sets
Perform	1 Time(s) a Day

LOWER TRUNK ROTATIONS - UNSUPPORTED - LTR

While lying on your back with your knees bent, lift up both feet and slowly rock your pelvis to the side. Then slowly rock to the other side. Maintain your spine straight for the entire exercise.

Repeat	10 Times
Hold	5 Seconds
Complete	2 Sets
Perform	1 Time(s) a Day



PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat	10 Times
Hold	5 Seconds
Complete	2 Sets
Perform	1 Time(s) a Day

ABDOMINAL BRACING

While lying on your back, tighten your stomach muscles as you draw your navel down towards the floor.

Repeat	10 Times
Hold	1 Second
Complete	2 Sets
Perform	1 Time(s) a Day

Sciatic Nerve Flossing

At the same time, straighten your knee, point your toes up, and move your head as if you were looking up. Return back to the starting position by bending your knee, point your toe down, and bring your head down towards your chest. It is important to not experience any symptoms as you perform this exercise.

Repeat	10 Times
Hold	0 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

CLAM SHELLS

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

Repeat	10 Times
Hold	1 Second
Complete	2 Sets
Perform	1 Time(s) a Day

QUADRICEPS STRETCH - SIDELYING

While lying on your side reach back and hold your top foot and bend your knee until a stretch is felt.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

Seated Forward Flexion Stretch

Seated in a chair, widen your feet so that you can lean forward. Slowly lean forward by reaching your hands towards the floor and letting your lower back stretch. Slowly raise back up.

Repeat	3 Times
Hold	30 Seconds

SIT TO STAND - THIGH SUPPORT

Start by scooting close to the front of the chair. Then lean forward and place your hands on your thighs. Rise up to standing using your hands for support.

Sit back down using your hands for support on your thighs and then repeat.

Repeat	10 Times
Hold	1 Second
Complete	2 Sets
Perform	1 Time(s) a Day